




Empathy is the ability to open one's heart
in order to better understand the
emotions and experiences of another.

Empathy-index.com
Patricia Penning

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How it Works

The *Empathy-Index* is a unique and fun way to determine each partner's level of empathy for the other person. There are about 70 questions. You are both given the same questions but, most important, you answer them separately. To do this, when you each log on the first time you use a security password for privacy. You don't have to answer the questions all at once, but it is very important not to discuss the questions or answers with your partner before you are finished.

The questions all fall within six general groups, or categories:

- ◆ Self-Perception
- ◆ Health & Personal Lifestyle
- ◆ Sexuality
- ◆ Conflict Resolution
- ◆ Morality & Spirituality
- ◆ Relationship Style

Your answers will range from 1 to 9, with 5 generally indicating a "neutral" answer. So, depending on the question, your answer might be from 1 (Absolutely Not) to 9 (Absolutely Yes). Now comes the fun part.

After answering a question about yourself, *Empathy-Index* asks the same question, but worded as your partner will see it. Now you get to answer the question as you believe your partner would answer it.
There are no right or wrong answers!

For example, "Jason" and "Allison" are taking the quiz. One of the questions Allison comes to is the following:

Allison, do you think it is desirable to know everything possible about Jason's past?
(N) 1 - 2 - 3 - 4 - (5) - 6 - 7 - 8 - 9 (Yes)

After answering, she is then asked:

Allison, how do you think Jason will answer this question?

Jason, do you think it is desirable to know everything possible about Allison's past?

(N) 1 - 2 - 3 - 4 - (5) - 6 - 7 - 8 - 9 (Y s)

Allison has a pretty good idea how Jason feels and selects an answer. She then proceeds to the next question.

Separately, Jason logs on and answers the same questions, both for himself, as well as how he thinks Allison would answer. When Jason and Allison have each answered all the questions, they can either view or print the Empathy-Index report, a small sample of which follows:

Do you think it is desirable to know everything possible about your partner's past?

(No) 1 ... 9 (Yes)

Allison answered: 2

Jason thought Allison would answer: 4

Jason's Empathy Index = 2

Jason answered: 4

Allison thought Jason would answer: 3

Allison's Empathy Index = 1

We all have a different sense of privacy with regard to our past. You may or may not agree on how many of the details are appropriate but, certainly, any information that affects the health or well being of your partner is relevant and your partner deserves to be informed. Put yourself in your partner's shoes. If the situation were reversed, would you consider this information important?

Total disclosure of one's past, however, may not always be the most beneficial for the relationship. Ask yourself: Will my partner benefit from this information? Will this information serve to strengthen our relationship? Am I unnecessarily burdening my partner with my own guilt and, perhaps, opening a can of worms that can be potentially destructive to the relationship?

If your partner discloses something sensitive from his or her past, it is vital that you not use this information as a weapon later on. If you are uncomfortable talking about something in your past, ask your partner to respect your wishes on that topic, and be willing to ask your partner for the support that would be most helpful.

A separate Empathy Index is provided for each question, along with helpful commentary and suggested resources, if appropriate.

Finally, a Summary Report provides an **Empathy Index for each different category** listed above, and includes an **Overall Empathy Index** of the entire questionnaire, a **Partnership Index**, plus an extensive **Resources List**.

Are you ready for a better relationship? **Register Now!**

For more information, e-mail us at info@empathy-index.com.
You may also leave a message at (USA) 415-455-4655.

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